

## Disparities in the Distribution of Social Programs for Expectant and Parenting Teens (EPTS) in Washington DC - A Review

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### ABSTRACT

**Background:** Although the teen birth rate declined to a low record in 2017 of 18.8 births per 1000 females ages 15-19, compared to other developed countries, it is still high [3,4].

Teen pregnancy can cause emotional, psychological and educational challenges, as well as affect the life and opportunities of young mothers and their children. Access to quality social services, plays an important role in supporting the health and well-being of adolescents and promoting health equity. Some teens face barriers in accessing these services. Geographically, Washington DC has eight wards, with significant disparities in socioeconomic conditions and population health.

**Aim:** The objective of this study is to explore the distribution of community programs for Expectant and Parenting Teens in Washington DC by wards.

**Materials and Methods:** We conducted computerized searches of PubMed, PsycINFO, Sociological Abstracts, CINAHL, and Cochrane Reviews to identify programs in Washington DC that provide services to adolescent parents, published in English from 1990 to December 2022. Search terms include: Washington DC, Ward, Teen parents, Social services, Community program. We identified and compiled locations of social service providers by wards across Washington DC, using findhelp directory (findhelp.org).

**Results:** We identified 34 programs located in the different wards in Washington, District of Columbia. We identified 10 major interventions. These can be categorized into 10 domains of need involving (a) pregnancy and parenting support and services, (b) adoption resources, (c) housing resources for teen parents in foster care, (d) housing resources for teen parents not in foster care, (e) health care resources for young families, (f) education resources, (g) public benefits, (h) childcare resources, (i) early learning resources and (j) resources for fathers. There is a disparity in Program providers and interventions/services by wards in Washington DC.

### Keywords

Washington DC, Ward, Teen parents, Social services, Community program.

teen birth rate declined to a low record in 2017 of 18.8 births per 1000 females ages 15–19, compared to other developed countries, it is still high [3,4].

### Introduction

Teen pregnancy among adolescents is an important public health challenge worldwide as well as in the USA [1,2]. Although the

Teen pregnancy impacts teen mother and the child, negatively in many ways. It can cause emotional, psychological and educational challenges, as well as affect the life and opportunities of young

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mothers and their children [5-11]. Teen parents are still more likely to be from low-income families, unmarried, lacking sufficient resources for housing, food, health care, and childcare [12]. Teen mothers have difficulty attending and completing high school, leading to low educational attainment and employment [12]. The children of teenage mothers are more likely to have lower school achievement and to drop out of high school, have more health problems, be incarcerated at some time during adolescence, give birth as a teenager, and face unemployment as a young adult [13].

To address this public health issue, several interventions have been developed to prevent repeat teenage pregnancy. These include school-based programs, home visitations, clinic-based programs, training, community workers, peer interventions, cash assistance programs [7,14-16].

Access to quality social services, plays an important role in supporting the health and well-being of adolescents and promoting health equity [17-19]. Some teens face barriers in accessing these services. Spatial accessibility of service providers has been shown to be an important determinant of service utilization among welfare recipients. Spatial access or proximity to service providers can affect service utilization rates among welfare recipients in a number of different ways. Longer distance makes it difficult to commute, especially for welfare recipients who may have less access to automobile transportation than the general population [17-19]. Considering the complex commutes to work, childcare, and welfare program offices that welfare recipients make daily, more distant service providers will be more difficult to access. Welfare recipients would access Agencies and organizations that provide services easily if they are located in their immediate area, compared to those outside their immediate area. Also such agencies and organizations, may not need caseworkers or make provider referrals outside that immediate area. Similarly, welfare recipients farther from a service provider would be expected to have less information about that provider and thus less likely to seek services from that provider [17-19].

Washington DC has deep socioeconomic, racial, and geographic disparities, which affect expectant and parenting youth [20]. A DC-specific 2018 Health Equity Report shows these disparities in numerous drivers of health including education, income, transportation, medical care, community safety, employment, housing, and food.

Geographically, Washington DC has eight wards, with significant disparities in socioeconomic conditions and population health. Ward 2 and 3 are over 65% white with a median income over \$100,000 per year. Ward 7 and 8 is over 92% Black with a median income under \$40,000 per year, and poverty rates that are 25-40% in many neighborhoods. In 2016 less than 1% of teen births were from DC's most affluent wards, while greater than 50% of teen births were from DC's lowest income wards. 20 Over 50% of expectant and parenting youth live in wards 7 and 8 [20-22].

While the physical proximity of programs to areas of need is important, many communities have not systematically assessed

the geographic distribution of their programs and how well they match with the community's needs.

The aim of this study is to explore the distribution of social services/community programs for Expectant and Parenting Teens in Washington DC by wards.

## Methods

We conducted computerized searches of PubMed, PsycINFO, Sociological Abstracts, CINAHL, and Cochrane Reviews to identify programs in Washington DC that provide services to adolescent parents, published in English from 1990 to December 2022. Search terms include: Washington DC, Ward, Teen parents, Community program.

We identified and compiled locations of social service providers by wards across Washington DC, using findhelp directory (findhelp.org) [17,23]. We also, listed service/community programs that supported Expectant and Parenting teens in Washington, District of Columbia. For the purpose of this study, we define Washington DC to include programs that are located in any of the wards in DC with an area phone code of '202'. We categorized their services by the intervention and their ward location.

**Exclusion** – public schools, chartered schools, government agencies, advocacy agencies. social services/community programs outside Washington, District of Columbia.

**Inclusion** – social services/community programs servicing Expectant and Parenting Teens in Washington DC, social services/community programs located in schools and owned by hospitals.

## Results

Table 1 summarizes the results of our findings. We have presented our data in terms of interventions, organization, interventions/services, population served by age and location by ward.

We identified 10 major interventions. These can be categorized into 10 domains of need involving (a) pregnancy and parenting support and services, (b) adoption resources, (c) housing resources for teen parents in foster care, (d) housing resources for teen parents not in foster care, (e) health care resources for young families, (f) Education resources, (g) public benefits, (h) childcare resources, (i) Early learning resources and (j) resources for fathers.

Of the 34 programs, 62 % offer pregnancy and parenting support and services; 6% offer adoption resources, 6% offer housing resources for teen parents in foster care, 21 % offer housing resources for teen parents not in foster care, 32% offer health care resources for young families, 12% offer education resources, 29 % offer public benefits, 9% offer childcare resources, 32 % offer early learning resources and 26% offer resources for fathers. Pregnancy and parenting support and services is the most common intervention. Adoption and housing resources for teen parents in foster care are the least with 6% of these interventions.

**Table 1:** Summary of Intervention by Organization, Services, Population served and Location by Ward.

	Organization/ Program Name	Services	Population Served	Location/Ward
<b>PREGNANCY AND PARENTING SUPPORT AND SERVICES</b>				
1	The Family Place	Pediatric care Family planning counseling and services Nutrition counseling, education, and services Family life education, including parenting education Case management	Single young mothers; Immigrant families; Low income families; Children ages 3 to 5.	1
2	The Maternity Home Program Northwest Center	Pregnancy testing and maternal counseling Family life education and services Educational and vocational counseling, referral and services Transitional housing	pregnant women Ages 18-30.	1
3	Department of Health Safe Sleep Program	Educational and vocational counseling, referral, and services Pediatric care	Parents of any age	1
4	Latin American Youth Center (LAYC): The Young Parent's Program	Nutrition counseling, education and services Effective communication Pediatric care Family life education, parenting education	Young Parents (11-24)	1
5	Latin American Youth Center (LAYC): Sexual Health	Pregnancy testing and maternal counseling, Family planning counseling and services, Venereal disease counseling, testing and treatment Testing and screenings for STI's and HIV Sexual Health	Young parents 11-24 years	1
6	District of Columbia Public Schools (DCPS): New Heights Teen Parent Program	school-based program: Supportive case management Family life education, parenting education	20 years and below	1
7	District of Columbia Public Schools (DCPS): New Heights Teen Parent Program	school-based program: Supportive case management Family life education, including parenting education	20 years and below	2,
8	Department of Health: Safe Sleep Program	Educational and vocational counseling, referral, and services Pediatric care	All ages	2
9	Mary's Center: Healthy Start Healthy Families (HSHF),	Home Visiting Program Educational and vocational counseling Primary and preventive healthcare College and workforce preparation	All women	4
10	District of Columbia Public Schools (DCPS): New Heights Teen Parent Program	school-based program: Supportive case management Family life education, including parenting education	20 years and below	4
11	District of Columbia Public Schools (DCPS): New Heights Teen Parent Program	school-based program: Supportive case management Family life education, including parenting education	20 years and below	5,
12	Children's National Medical Center: The Healthy Generations Program	Primary health care	Adolescent parents (up to 19 years old) and their children.	5
13	Medstar Washington Hospital Center: Teen Alliance for Prepared Parenting (TAPP)	Primary health care Pediatric care Educational and vocational counseling, referral, and services Family planning counseling and services	21 years and younger and continue to 23 years	5
14	Faith-Based: Capitol Hill Pregnancy Center	Pregnancy testing and maternal counseling; Family life education, including parenting education; Housing referrals	All ages	6
15	Planned Parenthood: Reproductive Health Services	Pregnancy testing and maternal counseling, Family planning counseling and services, Venereal disease counseling, testing and treatment Primary and preventive health care Educational and vocational counseling, referral and services	All ages	6
16	Sasha Bruce Foundation: P.O.W.E.R Program	Prevention, Outreach, Wellness, Education, Risk Reduction, HIV testing and Care Advocacy - Pregnancy testing - Safer Sex materials - STD Screenings	13 to 29 years old.	6
17	Healthy Babies Project(HBP): The Teen Parent Empowerment Program (TPEP)	Home visiting Educational and vocational counseling, referral, and services; Family planning, counseling and services	13-21	7
18	DC Diaper Bank	Pediatric care	All ages	7

19	Mamatoto Village: Labor Support Services	Family planning Parenting education Maternity care Postnatal care Labor support with some fees	All families of all structures.	7
20	District of Columbia Public Schools (DCPS): New Heights Teen Parent Program	school-based program: Supportive case management Family life education, including parenting education	Under the age of 20.	7
21	District of Columbia Public Schools (DCPS): New Heights Teen Parent Program	school-based program: Supportive case management Family life education, including parenting education	Under the age of 20.	8
<b>ADOPTION RESOURCES</b>				
22	Newborn Safe Haven Project	Adoption counseling and referral	parent of a newborn less than 14 days old	2
23	Adoptions Together	Adoption counseling and referral Online resources	Expectant Parents Teens, 18+	4
<b>HOUSING RESOURCES FOR TEEN PARENTS IN FOSTER CARE</b>				
24	Catholic Charities of D.C.	Housing Case management Family life education, including parenting education	youth and their children	2
25	The Elizabeth Ministry, Inc.	Family life education, parenting education mentoring	Young mothers	7
<b>HOUSING RESOURCES FOR TEEN PARENTS NOT IN FOSTER CARE</b>				
26	Latin American Youth Center (LAYC): Hope House	Transitional Housing Case management Family life education, parenting education	18-24 ( single parents with one child)	1
27	New Endeavors by Women: NEW Shelter Plus Care	Transitional housing Permanent supportive housing Case Management	18 years or older ( with history of substance addiction, sober for 3 months)	2
28	Washington Hebrew Congregation: Carrie Simon House	Supportive housing	homeless young women ages 18-25 and their babies	2
29	Catholic Charities of D.C.: Teen Parent Program	Housing Family life education, parenting education	18-20 years	2
30	Sasha Bruce Youthwork Inc: Olaiya's Cradle Program	Transitional Housing Pediatric Care Family life education, parenting education Educational and vocational counseling, referral and services Childcare	Young mothers, ages 18-21, and their children, for up to 18 months)	6
31	Covenant House Washington: Supportive Housing Program (SHP); Rights of Passage (ROP):	A transitional living program for homeless or parenting youth, Family life education, parenting education Educational and vocational counseling, referral and services	ages 19-24, and their children.	8
32	Queen of Peace, Missionaries of Charity	Housing Food Clothing	pregnant women of all ages	8
<b>HEALTHCARE RESOURCES FOR YOUNG FAMILIES</b>				
33	Mary's Center	Pediatric care Pregnancy, and maternal services Nurse family partnership Primary and preventative health care Family planning and counseling services	12 years and younger	1
34	Mary's Center	Pediatric care Pregnancy, and maternal services Nurse family partnership Primary and preventative health care Family planning and counseling services	12 years and younger	5
35	Children's National Medical Center: Healthy generation program	Pediatric care Maternal care Psychosocial Parenting support	Teen parent below 19	5

36	MedStar Washington Hospital Center: Teen Alliance for Prepared Parenting (TAPP)	Pediatric care Pregnancy, and maternal services Nurse family partnership Primary and preventative health care Family planning, counseling services Family planning Education	Enroll 18 or younger until age 23.	5
37	Healthy Babies Teen: Parent Empowerment Project	Pregnancy testing maternal counseling Primary and preventative health care Home visiting Mental health screening Doula services Crisis intervention Counseling for male partners and extended family members Other health care – supplemental services	Women -All ages	7
38	Healthy babies Project: Teen Parent Empowerment Program (TPEP)	Family life education, parenting education Educational vocational counseling, referral, and services Mentoring Home visiting Communication skills Trauma informed care GED	13-21 years,	7
39	Healthy babies Project: Life Empowerment Program (LEP)	Mentoring Communication skills Family life education, parenting education.	Teens	7
40	Healthy Babies Project: Booster Sessions for Life Empowerment Program (LEP)	Education	Youth	7
41	Healthy Babies Project: Summer Youth Employment Program (SYEP)	Venereal disease counseling Primary and preventative health care Educational vocational counseling, referral and services	14-17 years	7
42	Conway Health and Resource Center	primary medical and dental care, pediatric care, physicals, immunizations, prenatal care, confidential youth services	All youth	8
43	Community of Hope: <b>Family health and birth center</b>	Pediatric care Pregnancy, and maternal services Nurse family partnership Primary and preventative health care Family planning and counseling services	All ages.	8
<b>EDUCATION RESOURCES</b>				
44	Young Womens Christian Association of The National Capital Area (YWCA): "EMPOwERgirlz"	financial education mentoring health education nutrition education skills & training daily life skills	Girls 6 to 17 years old.	1
45	Home and Hospital Instruction Program: DCPS' Home/Hospital Instruction Program (HIP), formerly known as the Visiting Instruction Services (VIS) program,	Educational vocational counseling,	All ages	6
46	Total Family Care Coalition: After School Program	Educational and vocational counseling, referral, and services after school care mentoring.	8 to 13 years old	6
47	Total Family Care Coalition: The Teen Outreach Program	Educational and vocational counseling, referral, and services Workforce development	14 to 20 years old.	6
<b>PUBLIC BENEFITS</b>				
48	District of Columbia Department of Health and Human Services (DCDHSS: Women, Infants, and Children (WIC)	Free, healthy food Breastfeeding resources and support Nutrition education Referrals to care beyond WIC Immunization assessment and screening fresh and local fruits and vegetables	Any age (pregnant or breastfeeding, a new mother, an infant, or a child up to age 5 years).	1
49	DCDHSS: WIC	Free, healthy food Breastfeeding resources and support Nutrition education Referrals to care beyond WIC Immunization assessment and screening fresh and local fruits and vegetables	Any age. (pregnant or breastfeeding, a new mother, an infant, or a child up to age 5 years)	4

50	DCDHSS: Temporary Assistance for Needy Families (TANF)	Temporary financial assistance TANF Employment Program (TEP) Child care subsidy Behavioral, mental health, and substance abuse support Tuition Assistance	All ages (pregnant or responsible for a child under 19 years of age)	5
51	DCDHSS: WIC	Free, healthy food Breastfeeding resources and support Nutrition education Referrals to care beyond WIC Immunization assessment and screening fresh and local fruits and vegetables	Any age. (pregnant or breastfeeding, a new mother, an infant, or a child up to age 5 years)	5
52	DCDHSS: Supplemental Nutrition Assistance Program (SNAP)	Benefits Transfer (EBT) card (for food)	All ages	6
53	DCDHSS: Combined Application for Benefits	Public Benefits TANF SNAP	All ages.	6
54	DCDHSS: Combined Application for Benefits	Public Benefits: TANF SNAP	All ages	7
55	DCDHSS: WIC	Free, healthy food Breastfeeding resources and support Nutrition education Referrals to care beyond WIC Immunization assessment and screening fresh and local fruits and vegetables	Any age. (pregnant or breastfeeding, a new mother, an infant, or a child up to age 5 years)	7
56	DCDHSS: Combined Application for Benefits	Public Benefits: TANF SNAP	All ages	8
57	DCDHSS: WIC	Free, healthy food Breastfeeding resources and support Nutrition education Referrals to care beyond WIC Immunization assessment and screening fresh and local fruits and vegetables	Any age. (pregnant or breastfeeding, a new mother, an infant, or a child up to age 5 years)	8
<b>CHILDCARE RESOURCES</b>				
58	D.C. Child Care Services Division DHS Child Care Services Division (CCSD): Childcare Subsidy Program	Subsidized childcare fees	All ages	4
59	DC Office of the State Superintendent of Education (OSSE)	Educational vocational counseling, referral and services GED support	16 – 24 years	7
60	D.C. Child Care Services Division DHS Child Care Services Division (CCSD): Childcare Subsidy Program	Subsidized childcare fees	All ages	8
<b>EARLY LEARNING RESOURCES</b>				
61	Early Head Start	Day care center Childcare Preschool Head Start Comprehensive services	All ages (till child turns 3 years.)	1
62	The Family Place	education, support services, case management, and social services (Spanish) Home Visiting Program	All ages ( with children 3 – 5 years)	1
63	Early Head Start	Day care center Childcare Preschool Head Start Comprehensive services Developmental screening	All ages (till child turns 3 years.)	2
64	Early Head Start	Day care center Childcare Preschool Head Start Comprehensive services Developmental screening	All ages (till child turns 3 years.)	3



65	Early Head Start	Day care center Childcare Preschool Head Start Comprehensive services Developmental screening	All ages (till child turns 3 years.)	4
66	Early Head Start	Day care center Childcare Preschool Head Start Comprehensive services Developmental screening	All ages (till child turns 3 years.)	5
67	Early Head Start	Day care center Childcare Preschool Head Start Comprehensive services Developmental screening	All ages (till child turns 3 years.)	6
68	Educare Washington, DC,	Empower parents preschool support network	All ages (Ward 7)	7
69	Early Head Start	Day care center Childcare Preschool Head Start Comprehensive services Developmental screening	All ages (till child turns 3 years.)	7
70	Early Head Start	Day care center Childcare Preschool Head Start Comprehensive services Developmental screening	All ages (till child turns 3 years.)	8
<b>RESOURCES FOR FATHERS</b>				
71	Concerned Black Men National: Fatherhood Initiative	Resources for Fathers Parenting skills training, Education Job skills Co-parenting Goals setting	Black men and youth	1
72	Mary's Center: Father-Child Program	Home visits, Sports activities, Quarterly fatherhood outings. Healthy habits and behaviors	All ages Men with children ages pre- natal/infant to five,	1
73	Black swan academy	Civic leadership and engagement,	<i>Black Youth</i>	4
74	DC Child and Family Services Agency (CFSA): Office of Youth Empowerment (OYE)	<b>Case Management:</b> <b>College and Career Preparation Services:</b>	<b>14 - 21</b>	4
75	Mary's Center: Father-Child Program	Home visits, Sports activities, Quarterly fatherhood outings. Healthy habits and behaviors	All ages Men with children ages pre- natal/infant to five,	4
76	Mary's Center: Father-Child Program	Home visits, Sports activities, Quarterly fatherhood outings. Healthy habits and behaviors	All ages Men with children ages pre- natal/infant to five,	5
77	Total family Care coalition: Fatherhood Initiative	daily life skills navigating the system one-on-one support skills & training	Fathers of all ages	6
78	Healthy Babies Project: Teen Parent Empowerment Program (TPEP)	Health education GED Home visiting Support programs; Counseling program for men; "Confident Parenting," parenting skill-building	Young men: 13-21 years.	7

We identified 34 programs located in the different wards in Washington, District of Columbia.

(1) The Family Place; (2) The Maternity Home Program Northwest Center, (3) Department of Health Safe Sleep Program, (4) Latin American Youth Center (LAYC): The Young Parent’s Program; (5) New Heights Teen Parent Program, (6) Mary’s Center: Healthy Start Healthy Families (HSHF), (7) Children’s National Medical Center: The Healthy Generations Program; (8) Medstar Washington Hospital Center: Teen Alliance for Prepared Parenting (TAPP); (9) Capitol Hill Pregnancy Center, (10) Planned Parenthood: Reproductive Health Services, (11) Sasha Bruce Foundation; (12) Healthy Babies Project(HBP): The Teen Parent Empowerment Program (TPEP); (13) DC Diaper Bank;

(14) Mamatoto Village; (15) Newborn Safe Haven Project; (16) Adoptions Together; (17) Catholic Charities of D.C.; (18) The Elizabeth Ministry, Inc.; (19) New Endeavors by Women: NEW Shelter Plus Care; (20) Washington Hebrew Congregation: Carrie Simon House, (21) Covenant House Washington: Supportive Housing Program (SHP); Rights of Passage (ROP); (22) Queen of Peace, Missionaries of Charity; (23) Healthy Babies Teen: Parent Empowerment Project; (24) Conway Health and Resource Center; (25) Community of Hope: **Family health and birth center**; (26) Young Womens Christian Association of The National Capital Area (YWCA): "EMPOwERgirlz"; (27) Home and Hospital Instruction Program: DCPS’ Home/Hospital Instruction Program (HIP), formerly known as the Visiting Instruction Services (VIS) program; (28) Total Family Care Coalition; (29) District

**Table 2:** Services by intervention.

#	INTERVENTION	SERVICES
	<b>PREGNANCY AND PARENTING SUPPORT AND SERVICES</b>	Pediatric care Family planning counseling and services Nutrition counseling, education, and services Family life education, parenting education Case management Pregnancy testing and maternal counseling Transitional housing Educational and vocational counseling, referral, and services Effective communication Venereal disease counseling, testing and treatment Testing and screenings for STI's and HIV Sexual Health school-based program: Supportive case management Home Visiting Program Primary and preventive healthcare College and workforce preparation Primary health care Housing referrals Prevention, Outreach, Wellness, Education, Risk Reduction, HIV testing and Care Advocacy - Pregnancy testing - Safer Sex materials - STD Screening Pediatric care Maternity care Postnatal care Labor support with some fees
	<b>ADOPTION RESOURCES</b>	Adoption counseling and referral
	<b>HOUSING RESOURCES FOR TEEN PARENTS IN FOSTER CARE</b>	Housing Case management Family life education, including parenting education mentoring
	<b>HOUSING RESOURCES FOR TEEN PARENTS NOT IN FOSTER CARE</b>	Transitional Housing Case management Family life education, parenting education Permanent supportive housing Supportive housing Housing Pediatric Care Educational and vocational counseling, referral and services Childcare A transitional living program for homeless or parenting youth, Food Clothing



	<b>HEALTHCARE RESOURCES FOR YOUNG FAMILIES</b>	<p>Pediatric care  Pregnancy, and maternal services  Nurse family partnership  Primary and preventative health care  Family planning and counseling services  Maternal care  Psychosocial  Parenting support  Education  Pregnancy testing  maternal counseling  Home visiting  Mental health screening  Doula services  Crisis intervention  Counseling for male partners and extended family members  Other health care – supplemental services  Family life education, parenting education  Educational  vocational counseling,  referral, and services  Mentoring  Communication skills  Trauma informed care  GED  Mentoring  Communication skills  Venereal disease counseling  primary medical and dental care,  physicals,  immunizations,  prenatal care,  confidential youth services</p>
	<b>EDUCATION RESOURCES</b>	<p><u>financial education</u>  <u>mentoring</u>  <u>health education</u>  <u>nutrition education</u>  <u>skills &amp; training</u>  <u>daily life skills</u>  Educational and vocational counseling, referral, and services  after school care  mentoring  Workforce development</p>
	<b>PUBLIC BENEFITS</b>	<p>Free, healthy food  Breastfeeding resources and support  Nutrition education  Referrals to care beyond WIC  Immunization assessment and screening  fresh and local fruits and vegetables  Temporary financial assistance  TANF Employment Program (TEP)  Child care subsidy  Behavioral, mental health, and substance abuse support  Tuition Assistance  Benefits Transfer (EBT) card  (for food)  TANF  SNAP</p>
	<b>CHILDCARE RESOURCES</b>	<p>Subsidized childcare fees  Educational  vocational counseling,  referral and services  GED support</p>

	EARLY LEARNING RESOURCES	Day care center Childcare Preschool Head Start Comprehensive services education, support services, case management, and social services ( Spanish) Home Visiting Program Developmental screening Empower parents support network
	RESOURCES FOR FATHERS	Parenting skills training, Education Job skills Co-parenting Goals setting Home visits, Sports activities, Quarterly fatherhood outings. Healthy habits and behaviors Civic leadership and engagement, <b>Case Management:</b> <b>College and Career Preparation Services:</b> <u>daily life skills</u> <u>navigating the system</u> <u>one-on-one support</u> <u>skills &amp; training</u> Health education GED Support programs; Counseling program for men; “Confident Parenting,” parenting skill-building

of Columbia Department of Health and Human Services (WIC, TANF; SNAP), (30) D.C. Child Care Services Division (Childcare voucher); (31) DC Office of the State Superintendent of Education (OSSE); (32) Early Head Start; (33) Concerned Black Men National Fatherhood Initiative; (34) Black swan academy.

Some programs are in more than one ward. New Height is located in wards 1, 2, 4, 5, 7 and 8. Some organizations have more than one program in a ward. Healthy babies project has seven interventions in ward 7.

The age of participants receiving the interventions vary. Some programs are focused on all ages, while some, provide interventions for 8 to 13 years old; All ages (with children 3 – 5 years); 11- 24, 18- 30; under the age of 20; adolescent parents (up to 19 years old) and their children. Some are focused on men. For example, men of all ages with prenatal/infant to 5 years, Young men: 13-21 years; Fathers of all ages;

Programs are distributed in the eight (8) wards as follows; 41% in ward 1; 26% in ward 2; 3% in ward 3; 26% in ward 4; 29% in ward 5; 35% in ward 6; 47% in ward 7 and 26% in ward 8. Wards 2, 4 and 8 have equal number of wards (26% each). Ward 7 has the highest number of programs, followed by ward 1. Ward 3 has the least number of programs.

Table 2, lists the different services provided, including pediatric care, labor, prenatal, postnatal care, STI education, life skills education and contraceptive services.

### Discussion

We identified 34 community programs in the city of Washington DC that can support adolescent parents in 10 domains of need; involving (a) pregnancy and parenting support and services, (b) adoption resources, (c) housing resources for teen parents in foster care, (d) housing resources for teen parents not in foster care, (e) health care resources for young families, (f) Education resources, (g) public benefits, (h) childcare resources, (i) Early learning resources and (j) resources for fathers.

Programs for expectant and parenting teens are categorized into school-based programs, home visitations, clinic-based programs, training, community workers, peer interventions, cash assistance programs [7,14-16,24-26]. Our review revealed a disparity in the presence of the different service providers across the eight [8] wards of the Washington, District of Columbia. Some programs are hospital based for example, The Healthy Generations Program (Children’s National Medical Center).

Teen Alliance for Prepared Parenting (TAPP) (Medstar Washington Hospital Center), some are school based such as

New Heights Teen Parent Program (District of Columbia Public Schools (DCPS) and the majority are community based.

Interventions for teen parents often focus on decreasing both repeat pregnancy and negative parenting behaviors associated with teen parents that place children and their mothers at risk for adverse long-term outcomes. [26,27]. There are some programs that are focused on one service, while a majority are focused in more than one service [5]. Comprehensive programs are aimed to address family planning in addition to providing parenting and social support [2,26,27]. Programs that address parenting behaviors, focus on maternal attachment to the infant, teen life skills and teen self-sufficiency [5,27-29]. The Office of Adolescent Pregnancy Programs supports young families through social support and medical care [27]. OAPPA funds 10 core services including pregnancy testing, adoption counseling, preventive and prenatal referrals for teens, nutritional counseling, well infant care, sexually transmitted infection screening, family life counseling, educational or vocational services, mental health services, and referrals for family planning a [27]. Our review showed that the programs in Washington DC deliver most of the 10 core services identified by OAPP as ingredients to successful parenting program.

Of the 34 programs, 62% offer pregnancy and parenting support and services; 6% offer adoption resources, 6% offer housing resources for teen parents in foster care, 21% offer housing resources for teen parents not in foster care, 32% offer health care resources for young families, 12% offer Education resources, 29% offer public benefits, 9% offer childcare resources, 32% offer early learning resources and 26% offer resources for fathers. Pregnancy and parenting support and services are the most common intervention. Adoption resources and housing resources for teen parents in foster care are the least, accounting 6% of these interventions.

The Washington District of Columbia, is composed of 100 zip codes, and is divided into 8 wards corresponding to electoral districts (Figure 1).



Figure 1: Washington DC Map by Wards.

49.5 percent of the District's residents are black, 35 percent are white, 10 percent are Hispanic, and 4 percent are Asian. Wards

1, 2, and 3, have higher White population compared to Blacks, at approximately 45%, 66% and 72%, respectively. Wards 7 and 8 are disproportionately Black, comprising 93% and 90% of the population, respectively. Hispanics represent about 20% of the population in Ward 1 and Ward 4 [17-22,30].

Wards 7 and 8, are homes to the largest number of young children, also have the lowest median family incomes in the Washington DC. In 2016, less than 1% of teen births were from DC's most affluent wards, while greater than 50% of teen births were from DC's lowest income wards. Over 50% of expectant and parenting youth live in wards 7 and 8. Spatial access or proximity to service providers can affect service utilization rates among welfare recipients in a number of different ways. Longer distance makes it difficult to commute, especially for welfare recipients who may have less access to automobile transportation than the general population [17-19].

Our review showed that programs are disproportionately distributed in the eight (8) wards as follows; 41% in ward 1; 26% in ward 2; 3% in ward 3; 26% in ward 4; 29% in ward 5; 35% in ward 6; 47% in ward 7 and 26% in ward 8. Wards 2, 4 and 8 have equal number of programs (26% each). Ward 7 has the highest number of programs, followed by ward 1. Ward 3 has the least number of programs. There is a disparity in the number of programs in ward 8 compared to other wards. Over 50% of EPTS live in ward 8. Ward 1, which is mostly white, has about 47% of the community programs. It can be implied that access to programs in ward 1 by residents in ward 8, could pose a challenge.

Of the eight (8) wards in DC, Ward 2 has the lowest proportion of children under 10 (4%). 15-19% of the population in Wards 7 and 8, are children under 10. Wards 4 and 5 have the largest proportion of their population represented by those older than 65 years (41). Wards 7 and 8 with the largest number of young children, also have the lowest median family incomes in the Washington DC. Over 50% of expectant and parenting youth live in wards 7 and 8 [17-22,30].

Our results revealed that the age of participants receiving these services vary. Some programs are focused on all ages. Others are focused on 8 to 13 years old; 11- 24, 18- 30; under the age of 20; and adolescent parents (up to 19 years old) and their children. Also, some adolescents, are recruited into interventions based on certain criteria. All ages (with children 3 – 5 years); All ages for men with children from prenatal/infant to five, all ages (till child turns 3 years.). No program is specifically focused on the teenagers.

### Conclusion

Our studies, is in agreement with the findings of program administrators receiving Pregnancy Assistance Fund Program which stated that expectant and parenting youth in the Washington DC were not well served in their communities. This is not because of a lack of available resources. Rather, the problem was a lack of services specifically for the expectant and parenting teen and

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young adult population; a lack of knowledge of and access to available programs and services.

*In conclusion, to promote equity, social services for expectant and parenting teenagers, should be located within communities that need those services, specifically wards 7 and 8 in Washington DC. Also, there should be specific programs for EPTS.*

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